

The Dental Mirror



Reflections of Naval Dental Center Gulf Coast

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Navy Dentistry's

MISSION

Ensure Dental Readiness While Optimizing Dental Health

VISION

Dental Health for Those Entrusted to Our Care

GUIDING PRINCIPLES

We:

Are proud to serve and prepared to defend our country.

Are privileged to be entrusted with the dental health of Sailors and Marines. Anything less than our best effort violates that trust.

Foster pride, teamwork and professionalism by personally exemplifying the Navy Core Values: Honor, Courage and Commitment.

Are committed to excellence in clinical dentistry through training, continuing education and research.

Value the individual contribution of every Sailor, Marine, and civilian. Nurturing their personal growth and dignity is imperative to mission accomplishment.

Believe our future is dependent upon developing the best possible leaders at every level.

Embrace Readiness-Optimization (ROI) as our business focus.

Believe our patients and customers ultimately judge our success.

FROM THE SKIPPER'S DESK

Happy New Year and welcome to the beginning of another prosperous year for NDCGC. Our ESC has been diligently working on achieving our ten annual planning goals for FY-03, and the progress to date has been phenomenal.

Our first goal of developing strategies to optimize dental health is making visible strides. With the implementation of the new dental classification system, we have seen a slight drop in our ODR and an increase in the number of class 3 patients. However, many of the patients that were in a class 2 status simply needed a hygiene appointment to complete their treatment plan and several of the clinics have really focused on seeing those patients. A lot of work has also been put into scrubbing the records against base alpha rosters and verifying accurate record entries. We have currently attained a DHI of 47.7% command wide.

The digital radiography equipment for BDC Corpus Christi has been received and efforts are already under way with the hospital there to have the system installed. We expect to be able to purchase the digital equipment for at least one other clinic in this fiscal year. Our third goal of providing a professional development program for our junior officers is 60% complete. CAPT Marinelli has put together a handbook, which answers many of the questions officers have about military careers, educational opportunities, quality of life issues, and developing leadership and management skills. Each month, information relevant to this goal will be available in a separate section of this newsletter. The command internet site also has a link to a power point presentation from BUMED with valuable career information for junior officers.

The electronic scheduler that is tied to DENCAS Remote is being field tested along with the Prosked system by CDR Reagan. All clinics will have the option of utilizing one of these systems this quarter, depending on the particular needs of the branch. Along with that, we expect to implement the web-based recall system beginning this month in conjunction with the change to DENCAS Remote. The third APG that involves technological advances, our intranet, is just about complete.

This can be reached via a link to the command internet page and contains information branch clinics would need to access on a daily basis. For now, the same material will be posted in our public folders until remaining firewall issues have been resolved.

Two of our annual goals have taken on extra significance for us with recent world events. The need to develop strategies to efficiently share resources among clinics in the same geographical area is critical with the manning shortfalls and the additional requirement of mobilizing large numbers of reserve forces. CDR McGonegal has worked with the other 4 directors at our mobilization sites and compiled a SOP that can be personalized for the specific branch requirements. Part of the plan ties right in with sharing manpower and expertise, supplies, MDV and PDU, and schedules to continue meeting our mission and the additional tasking of mobilization efforts. Another initiative that has resulting from resource sharing is the training opportunities for our folks. LCDR Ozaki and Ms. Mathias have provided several prophylaxis courses in the local area and have traveled to FT Worth to train assistants, while NATTC is continuing to be the hub for expanded functions training for our dentists and technicians. Just last month the DFA created a public folder under NDCGC for clinics to share equipment they no longer need at their branch.

And finally our goal for optimal utilization of the prosthetic outsourcing dollars has come to fruition. LCDR Sellock's plan will result in improved access to care, savings on lab consumables and increased patient and provider satisfaction. Since we are no longer under a continuing resolution with the budget, clinics now have full access to the funds earmarked for laboratory expenses.





RECOMMENDED READING

By: LCDR Gouldman



In today's high-tech, fast-paced world, it is difficult to find time to read. Yesteryear, reading was a form of entertainment... replaced by the TV...nowadays reading fun and skills have diminished. Instead of providing you a book review this month, I wanted to take the time to express to you how important it is that you not only maintain your reading skills but also have fun in the process! Here is the Navy's Professional Reading List. I encourage each of you find a book here to read during the year. If you enjoy it, take the time to let me know.

Challenge the brain...turn off the tube and open a book...

Navy Professional Reading List

BASIC READING LIST

- All Quiet on the Western Front Erich M. Remarque
- American Caesar: Douglas MacArthur, 1880-1964 William Manchester
- A Brief History of Time: From the Big Bang to Black Holes Stephen M. Hawking
- The Caine Mutiny Herman Wouk
- Command of the Seas: A Personal Story John F. Lehman
- The Cruel Sea Nicholas Monsarrat
- Everything We Had: An Oral History of the Vietnam War Al Santoli, Editor
- Flight of the Intruder Steven Coontz
- Hunt for Red October Tom Clancy
- In Love and War James B. and Sybil Stockdale
- In Search of Excellence Thomas J. Peters, Robert H. Waterman
- The Killer Angels Michael Shaara
- On Watch Elmo Zumwalt
- The Red Badge of Courage Stephen Crane
- Red Storm Rising Tom Clancy
- The Right Stuff Tom Wolfe
- Run Silent, Run Deep Edward L. Beach
- The New Russians Hedrick Smith
- The Sand Pebbles Richard McKenna
- The Source James A. Michener
- The United States Navy: A Two Hundred Year History Edward L. Beach
- Two-Ocean War Samuel E. Morison
- War and Remembrance Herman Wouk
- Winds of War Herman Wouk
- Intermediate Reading List
- Admiral Arleigh Burke: A Biography Elmer B. Potter
- The American Way of War Russell F. Weigley
- Assignment: Pentagon Perry M. Smith
- At Dawn We Slept Gordon William Prange
- The Atlantic Campaign Dan Van Der Vat
- A Bright Shining Lie Neil Sheehan
- Bull Halsey: A Biography Elmer B. Potter
- Chrysanthemum and the Sword Ruth Benedict
- Commander in Chief: Franklin Delano Roosevelt: His Lieutenants and Their War Eric Larrabee
- The Deming Management Method Mary Walton
- Eagle Against the Sun Ronald H. Spector
- Eisenhower: At War, 1943-1945 David Eisenhower
- The Face of Battle John Keegan
- Fate is the Hunter Ernest K. Gann
- First to Fight: An Inside View of the U.S. Marine Corps Victor Krulak
- From Hiroshima to Glasnost Paul Nitze
- The Future of Sea Power Eric J. Grove
- The Guns of August Barbara W. Tuchman
- Kaizen: The Key to Japan's Competitive Success Masaaki Imai
- The KGB Today: The Hidden Hand John Barron
- The Last Lion: Alone, 1932-1940 William Manchester
- The Last Lion: Visions of Glory, 1874-1932 William Manchester
- Makers of Modern Strategy Peter Paret
- The Maritime Strategy, Geopolitics and the Defense of the West Colin S. Gray

- The Mask of Command John Keegan
- Master of Seapower: A Biography of Fleet Admiral Ernest J. King Thomas Buell
- Miracle at Midway Gordon W. Prange
- Modern Times: The World from the Twenties to the Nineties Paul Johnson
- Mountbatten Philip Ziegler
- Nelson, a Biography David Walder
- Nimitz Elmer Belmont Potter
- Out of the Crisis W. Edwards Deming
- The Pentagon and the Art of War Edward N. Luttwak
- The Presidency and the Management of National Security Carnes Lord
- The Price of Admiralty John Keegan
- The Quiet Warrior Thomas Buell
- The Rise of American Naval Forces, 1776-1918 Harold and Margaret Sprout
- The Rivals: America and Russia Since WWII Adam B. Ulam
- Sea Power: A Naval History Elmer B. Potter and Chester Nimitz
- The Second World War John Keegan
- Silent Victory: The U.S. Submarine War Against Japan Blair, Clay, Lippencott
- Today's Isms: Communism, Fascism Capitalism, Socialism William Ebenstien and Edwin Fogelman
- The United States and the Origins of the Cold War, 1941-1947 John L. Gaddis
- Vietnam: A History Stanley Karnow

ADVANCED READING LIST

- America at Century's End James R. Schlesinger
- The Art of War Sun Tzu
- Cold Dawn: The Story of SALT John Newhouse
- Democracy in America Alexis de Toqueville
- Deterrence in American Foreign Policy Alexander George
- Fleet Tactics: Theory and Practice Wayne P. Hughes
- From Beirut to Jerusalem Thomas L. Friedman
- The Geopolitics of Superpowers Colin S. Gray
- How Democracies Perish Jean-Francois Revel
- The Influence of Seapower Upon History Alfred T. Mahan
- Man, the State and War: A Theoretical Analysis Kenneth N. Waltz
- Military Strategy: A General Theory of Power Control Joseph C. Wylie
- Origins of the Maritime Strategy: American Naval Michael A. Palmer
- Strategy in the First Postwar Decade
- On War Carl von Clausewitz
- Power and Change: The Administrative History Thomas C. Hone
- of the Office of the CNO, 1946-1986
- Seapower and Strategy Colin S. Gray and Roger Barnett
- The Soldier and the State: The Theory and Samuel P. Huntington
- Politics of Civil-Military Relations
- Some Principles of Maritime Strategy Julian S. Corbett
- Strategy for Defeat: Vietnam in Retrospect Ulysses Sharp
- Strategy: The Logic of War and Peace Edward N. Luttwak

- The Ultra Secret F. W. Winterbotham
- U.S. Defense Policy in an Era of Constrained Resources Robert L. Pfaltzgraff, Jr. and Richard H. Schultz
- The U.S. Navy: The View from the Mid-1990's James L. George
- War and Politics Bernard Brodie
- The White House Years Henry Kissinger

MCPON READING LIST FOR SEL

- Leadership and Self-deception: Getting Out of the Box by The Arbing Institute
- Built to Last by James Collins & Jerry Porras
- Changing the Game by Eric G. Flamholtz & Yvonne Randle
- The Cluetrain Manifesto: The end of Business as Usual by Christopher Locke & Rick Levine
- Decision Traps: Ten Barriers to Brilliant Decision-Making and How to Overcome Them by J. Edward Russo and Paul J.H. Schoemaker
- Deep Change: Discovering the Leader Within by Robert E. Quinn
- Digital Economy by Don Tapscott
- Digital Estate, The by Chuck Martin
- Futurize Your Enterprise: Business Strategy in the Age of the E-customer by David Siegel
- The Human side of Intranets: Content, Style and Politics by Jerry W. Koehler & Thom Dupper
- Imagination by Gareth Morgan
- In Athena's Camp by John Arquilla & David Ronfeldt
- The Leadership Engine: How Winning Companies Build Leaders at Every Level by Noe M. Tichy & Eli B. Cohen
- Leadership is an Art by Max DePree
- Leadership without Easy Answers by Ronald Heifetz
- The Lexus and the Olive Tree by Thomas L. Friedman
- Managing at the Speed of Change by Daryl R. Conner
- Who moved my Cheese? by Spencer Johnson, M.D.
- The Other 90% by Robert K. Cooper
- The Power of Alignment by George Labovitz & Victor Rosansky
- Leading Change by John P. Kotter
- Last updated: August 13, 2002



COMMAND CAREER COUNSELOR'S OFFICE

DTC (SW) EISENMANN

DSN: 922-5644

Hello Again from the Command Career Counselor's Office. I want to pass on some information concerning High Year Tenure, Transfer to the Fleet Reserves and Retirement. I want you informed so that when this point in time approaches in your career you'll be knowledgeable and make the smart play.

The revision to High Year Tenure (HYT) Policy earlier this fall caused alot of personnel throughout the Navy to have their respective Projected Rotation Dates (PRD's) adjusted to conform to new HYT dates. Naval Dental Center Gulf Coast didn't go unscathed. We had a handful of personnel that will be affected by this revision.

With that being said, several personnel will unfortunately be forced to leave the Navy in September 2003 after reaching the 20-year mark. My point is, when you know something like this is on the horizon then DO NOT wait until the last minute to plan a ceremony. Your respective LCPO's and LPO's have a wealth of knowledge on this subject but ultimately the decision rests with each individual on whether to have a ceremony or not.

I encourage you to plan your transfer to the Fleet Reserve and/or retirement ceremonies accordingly, as this will be a lasting memory to your years of faithful and dedicated service. I've seen and heard of countless service members who just left and regretted not having a ceremony.

Proper planning is essential and a minimum of 8-month lead-time is recommended. You're probably saying it doesn't take that long to put a ceremony together? I'm here to tell you that the more lead-time you have the better the ceremony will run. I'll be glad to assist in whatever way possible. Be safe over the holiday season and I'll see you in 2003. Have a Merry Christmas and a Happy New Year.



Walking the Beat

MA1 Lewis



Hello,
We are bidding farewell to MAC Plante. I am MA1 Lewis and I'm coming from the aviation community (VR-54) in Belle Chasse LA. I am also your SAVI (**Sexual Assault Victim Intervention**) point of contact. I am looking forward to serving you, not just enforcing the laws, but preventing events from happening with plenty of education.
Happy Holidays to all.



January 2003



SUN	MON	TUE	WED	THU	FRI	SAT
CO LV 16–19 Jan CO TAD 26–31 Jan			1 New Year's Day	2	3 QRTLY Population Stats due to Dr. Mayhall	4
5	6	7	8	9	10	11
12	13	14	15 ESC-1230 ECODS-1430	16	17	18
19	20 Dr. Martin Luther King's Birthday (Observed)	21	22	23	24	25
26	27	28	29	30	31	



POSER



On large ships, what person is responsible for making sure that special flags or pennants are displayed to indicate changing events aboard ship?

Be the first to call (850) 452- 5633, DSN: 922-5633 with the correct answer, and you will be awarded 2 hours special liberty at the discretion of your Branch Director

DN Hughbanks at BDC NATTC was the first to call with the correct answer to last month's POSER: What ship was the first warfare submarine?

Answer: USS Turtle



CLINIC IN THE SPOTLIGHT



Welcome to Ingleside! Naval Station Ingleside is one of three bases, along with NAS Corpus Christi and NAS Kingsville, that make up the South Texas Military Complex. It is ideally situated on the North Shore of Corpus Christi Bay astride the ship channel which links our nation's 8th busiest port to the Gulf of Mexico. Naval Station Ingleside is home to the "Mine Warfare Center of Excellence"; the consolidation of Command & Control, Training and Maintenance for the bulk of the U.S. Navy Mine Warfare Force. Ingleside is homeport for 23 of the Navy's newest mine countermeasure ships; and coastal mine hunters, including the new HSV-X2 prototype.

BDC Ingleside serves a highly mobile and challenging patient population, with the bulk of our patients attached to ships or deployable shore based units. We provide care to approximately 3,000 fleet and shore based sailors. As a result, things are always busy around here and multi-chair dentistry is the norm. Like our neighboring clinics, we provide truly comprehensive care our nearest source of referrals for specialist care is Lackland AFB in San Antonio, approximately 200 miles away.

Our clinic staff is a hard working, highly productive, highly motivated group of team players. Currently we are staffed with 3 dental officers, 9 dental technicians (including one RDH) and 1 contract civilian hygienist. Additionally, as one of the 3 clinics comprising the South Texas Dental Treatment Area, we work and share resources with BDC Corpus Christi and BDC Kingsville. Please pardon our dust as we are currently in the middle of a big clinic renovation and expansion project. When completed, we will have both a state-of-the-art clinic and more space for patient care. Come visit the Best in South Texas!!



Top Row, Left to Right: DT3 Duke, DN Long, DN Salinas, Capt. Mucci

Bottom Row, Left to Right: CDR Campbell, DN Deleon, DN Rosales, DTC Diaz, Mrs. Pappey, LT Waltrip, DT1 Gowin



Capt. Mucci



CDR Campbell



DT2 Davis, RDH



DTC Diaz



DN Rosales and DT3 Duke



Mrs. Pappey, RDH



LT Waltrip



DN Salinas



DN Kusiak



DN Deleon

HAIL AND FAREWELL



We would like to welcome our new members of

DTC(SW/FMF) CRUZ-BDC, NOLA
DT3 AUNGENETTA SHELTON, BDC CORPUS CHRISTI

Fair winds and following seas to the following shipmates:

DTC GOWDY- MCAS YUMA
DT1 NATHANIEL KING-USS DUBUQUE
MS. APRIL N. BRUCE, PCS WITH DT2 BRUCE- NDC GREAT LAKES
DN TIMMIE PERDUE-TDRL

WHACK PACK

Get out of your Box

Each culture has its own way of looking at the world. Often the best ideas come from cutting across disciplinary boundaries and looking into other fields. As Robert Wieder put it ,“Anyone can look for fashion in a boutique or history in a museum. The creative explore looks for history in a hardware store and fashion in an airport.” Example: World War I military designers borrowed from the Cubist art of Picasso to create more efficient camouflage patterns for tanks. *In what outside areas can you look for ideas?*



Shipmates in the Spotlight



DN Fleury being frocked to DT3 by Capt. Lundgren



DT3 Jamerson being frocked to DT2 by Capt. Szal



Left to Right: Capt. Lundgren, DT3 Fleury, DT2 Jamerson, Capt. Szal



DT3 Phillips being presented the Navy & Marine Corps Achievement Medal



DTC Gowdy receiving a Navy & Marine Corps Commendation Medal (third award) from CDR McGonegal



DN Sutton receiving the Fleet Marine Force Warfare Device from CDR Vandermark



DN Sutton receives the Navy & Marine Corp Achievement Medal



CDR Vandermark congratulating DN Sutton on his achievements

Recognition and Awards

NAVY AND MARINE CORPS COMMENDATION MEDAL

CDR WILLIAM WRIGHT
SKC DONNIE SINGLETON
DTC ALPHONSO GOWDY
SH1 STACY ADAMS

NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

DT1 NATHANIEL KING
DN RASHAD SUTTON

FLAG LOC

DT2 TERRENCE DUGAY
PN1 EUSEBIO D DELUNA
DN MARK WISE
DT3 KENNITH TAYLOR

REENLISTMENTS

DT3 JOY DEDIOS - 4 YEARS

CO LOA/LOC

DT3 TOMECA HARRIS
DT3 JEFFERY HERRON
DT3 ADRIANA VIERA
MRS. BRUCE
MRS. MAHANKE

ADVANCEMENT/PROMOTION

DT2 MIKA NINNEMAN



HALL OF FAME



4TH QUARTER CY 2002

SSOQ- DT1	HAROLD GOWIN	BDC INGLESIDE
JSOQ- DT3	TOMECA HARRIS	BDC NASP
BJOQ- DN	MARICELA ROSALES	BDC INGLESIDE

3RD QUARTER CY 2002

GSOQ- MS	KECIA TIRCUIT	NEW ORLEANS
CCOQ- MS	KATHY MAHANKE	BDC NATTC

CY 2001

SSOY- DTC	JOHN DECAMPOS	CORPUS CHRISTI
JSOY- DT3	LASHANDA JACKSON	BDC NATTC
COACE- LT	CHADWICK SARGENT	CORPUS CHRISTI
GSCOY- MS	LINDA WALLACE	MIDSOUTH
CCOY- MS	DONNA MATHIAS	BDC NATTC



BIRTHDAYS

1	DT3	OLIVER	SHAWNTELL	PENSACOLA
1	MS	MILLER	FRANCES	PENSACOLA
1	LT	EILERS	JENNIFER	MID-SOUTH
2	MS	CAMPBELL	ANNIE	FORT WORTH
5	DT3	COLEMAN	RANDY	PASCAGOULA
6	DN	KNIGHT	KATRINA	MID-SOUTH
9	DT2	ALLARD	LISA	PENSACOLA
11	MR	CRUZ	ROBERTO	GULFPORT
11	MS	GREER	YOLANDA	MID-SOUTH
11	MS	WRANGOFSKI	JANE	NEW ORLEANS
12	MS	HALSETH	BRINDA	WHITING FIELD
13	DT1	ORTEGON	ERNESTO	CORPUS CHRISTI
18	CAPT	MARINELLI	STEVEN	PENSACOLA
18	HM2	BORJORQUIZ	TROY	PENSACOLA PJC
21	DT2	KAY	WILLIAM	CORPUS CHRISTI
23	LCDR	GOULDMAN	JOHN	PENSACOLA HQ
24	DT3	CAMILING	JASON	PENSACOLA PJC
25	DN	WILLIAMS	LEE	NEW ORLEANS
25	CDR	CAMPBELL	RICHARD	INGLESIDE
26	LT	SARGENT	CHADWICK	CORPUS CHRISTI
27	DT1	TERRY	JERRY	PENSACOLA HQ
27	LT	JENKINS	MOLLY	FORT WORTH
31	DN	VERRETT	DAMEIN	MID-SOUTH



Captain's Call K it

Reasons to Quit: Cost, Readiness, Your Love Life

Let's say you spend five bucks a day on your cigarette habit. In one year, you'll spend \$1,850. In ten years, you'll smoke away a brand new car. Speaking of debilitating . . . believe it or not, smoking can have a profound, negative effect on a person's love life.

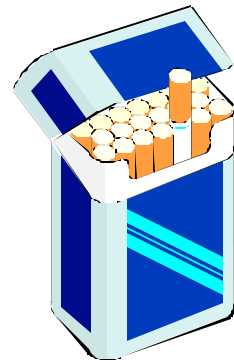
In addition to making you smell bad, affecting your breathing and wrinkling your skin, smoking can destroy blood vessels, especially tiny blood vessels that affect sexual performance. Smoking has been linked directly to sexual dysfunction in men, and it's believed to have a similar effect in women.

Smoking makes its biggest assault on the lungs. People with Chronic Obstructed Pulmonary Disease or Emphysema often end up on oxygen and cannot live a normal life.

Many can't walk a few feet without having to sit down and try to catch their breath. Cancer that starts in the lungs of many smokers can often have devastating effects, spreading throughout the body to involve the liver, kidneys, bones, and brain.

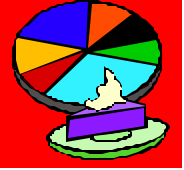
The Navy considers smoking as not only a health issue, but also one that affects readiness, military bearing, and leadership by example.

According to Secretary of the Navy Instruction 5100.13B of February 11, 1998: "Tobacco use is considered the chief preventable cause of premature death and disease in the United States, killing more than 400,000 (19 percent of total deaths) annually. Tobacco use in any form is addictive. Involuntary exposure to tobacco smoke has been shown to cause cancer, lung and heart disease in healthy nonsmokers."

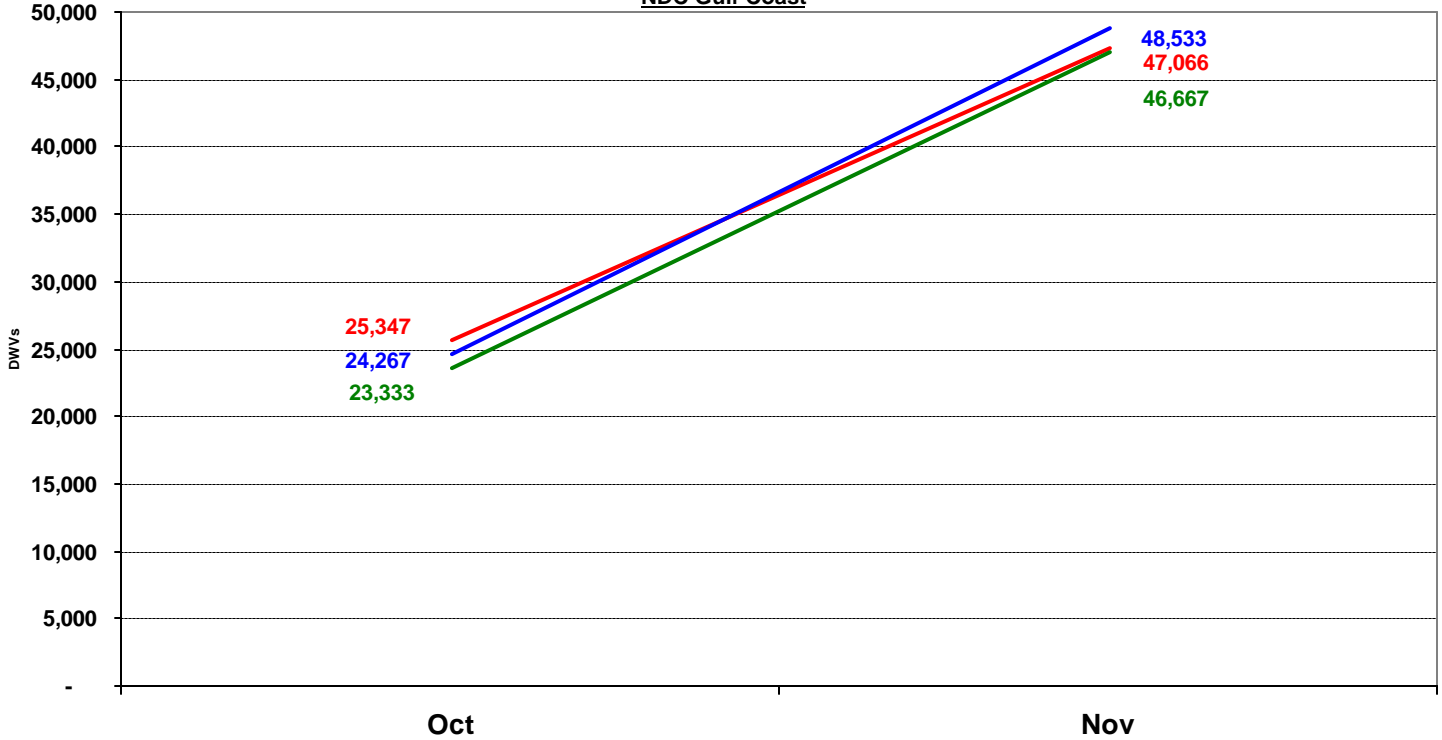




INCENTIVE CHART



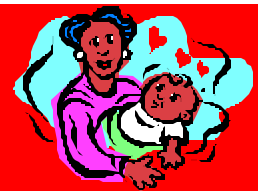
Total Cumulative Production:
FY03 vs BUMED Target and Incentive Target
NDC Gulf Coast



48,533- NDCGC Incentive Target
 47,066- FY03 Productivity
 46,667- BUMED Target



STORK REPORT



Chaeron Undrae Lockett Jr was born on 24 October 2002, weighing 7 lbs 11 oz to Mrs. Lockett and DT3 Lockett . Mother and baby are doing fine.



COMMAND SPECIAL PROJECTS

MID-SOUTH

PROJECT	DATE STARTED	DURATION	% COMPLETED	DATE COMPLETED	STATUS
Building Modification	23-Sep-02	120 days	30.00%	Underway	10 DEC 02 - met with the contractor and the ROICC personnel. A total revision of the contract is necessary in order for the contractor to meet our Infection Control requirements. I was promised a revised schedule by 18 Dec.

BDC NATTC

PROJECT	DATE STARTED	DURATION	% COMPLETED	DATE COMPLETED	STATUS
DTR Expansion Renovation	29-May-02	14 weeks	100.00%	06-Sep-02	COMPLETED

BDC PASCAGOULA

PROJECT	DATE STARTED	DURATION	% COMPLETED	DATE COMPLETED	STATUS
4 Additional Operatories	04-Nov-02	180 days	15.00%	Underway	10 DEC 02 - I spoke to CDR Diktaban yesterday and he told me that the project "is falling behind schedule" already. I spoke to the job superintendent and the job is about a week behind due to weather and minor paper-work from the base. He will catch up after concrete slab is in place. The contractor here proceeded to move wiring for sterilizer 3 weeks ahead of schedule without communicating with anyone.

BDC PENSACOLA

PROJECT	DATE STARTED	DURATION	% COMPLETED	DATE COMPLETED	STATUS
CSR	Pending	n/a	n/a	n/a	Pending funding
Locker room	Pending	n/a	n/a	n/a	Pending funding

BDC WHITING FIELD

PROJECT	DATE STARTED	DURATION	% COMPLETED	DATE COMPLETED	STATUS
Building Modification	02-Sep-02	12 weeks	100.00%	06-Dec-02	10 DEC 02 -This project was completed last Friday. I went to the clinic last week and the clinic looks great. Recommended a visit to DRMO at Eglin, AFB as they might have some usable office furniture. Will follow up this week to make sure that there are no discrepancies pending with the contractor.

BDC INGLESIDE

PROJECT	DATE STARTED	DURATION	% COMPLETED	DATE COMPLETED	STATUS
Building Modification	17-Oct-02	12 weeks	80.00%		10 DEC 02 -Received a phone call from Chief Diaz inquiring on how we are going to address the final phase. We are planning to fund an additional \$4000.00 to complete the project. !!!!

Notes from the Comptroller

By: LT Suggs, MSC, USN
DSN: 922-5626

HEADQUARTERS RESOURCES STAFF EXISTS TO SUPPORT YOU! (and does so every single day)

Hello everyone! Merry Christmas! I wanted to write this to familiarize all of you with some of the accomplishments and work done by your resources staff in the last quarter of fiscal year 2002 to support you. Additionally, I hope to provide you with some insight regarding resources and budget.

The resources staff successfully obligated 2.1 million dollars to fund bill payments for the entire command from July through September 2002. The impact of the resources staff on our command's ability to deliver dental care is immense. Their interaction with dozens of vendors, staff, Defense Finance and Accounting Center (DFAS) and numerous individual commands not only ensured that our many bills are paid in a timely fashion, but that payment is done in accordance with extensive and complex guidance. If the resources staff does not pay our bills and track contracts efficiently, many of our vendors would have discontinued doing business with us and therefore patient access to care and possibly even quality of care would be compromised.

Only by standing in the shoes of a resources staff member can anyone completely understand the complexity, stress, responsibility and creative problem solving such duties entail. A particularly remarkable fact is that the staff discharged the aforementioned duties while making extensive improvements to management control and organization of documentation prior to our first and highly successful Procurement Management Review Audit of our Purchase Card Program by NAVSUP. Many of you, and in particular Supply Petty Officers/Purchase Card holders, deserve a lot of credit for ensuring logs, worksheets, invoices, other documentation, as well as separation of function were maintained....your good work is particularly important because when my Resources Directorate's Purchase Card Program gets inspected by NAVSUP, they are also inspecting all the branch clinics!

Your branch clinics have a purchase card to buy needed items however, the "bank" from which that money is pulled actually comes from funding documents (a bit like promises to pay) that Resources places into the system before you spend. I cannot give you money until I get it...if I attempt to give you money before I get it or if "we" spend more money than we've got (and go in the red) your friendly neighborhood Director For Resources (DFR) would be breaking the law and might have to visit the old brig. Thanks to your attention to detail and core values, I am still sitting behind my desk enjoying freedom. (:

At the end of the fiscal year, your resources staff worked very hard to satisfy a myriad of BUMED and HSO taskers relating to financial system (systems including Fastdata, STARS, SLDCADA) rollovers of a mountain of financial data to a new fiscal year. Incorrect rollover can result in bills not being paid, salaries not being paid and your DFR going in the red. Getting additional money at the end of the year is a blessing for everyone including the resources staff however, when we spend this money to buy your equipment, we can't just start writing checks.

Even MY staff cannot spend more than \$2500 for an individual item consequently we must use the Naval Hospital Pensacola to buy higher priced items...the scenario is essentially this...if we get, lets say, \$250,000 of justified end of year money from BUMED in September, the hospital has spending deadlines because they have to spend money by the 30th...we don't get the money until September and we are not allowed to spend over \$2500 for a particular item...we have dozens of items on our prioritized equipment list many of which cost over \$2500 (individually or added components) which means we have to go to the hospital...we don't know if or exactly how much we are going to get before we get it....and if you refer paragraphs 2,3,4 and this one...things are pretty crazy in September....bottom line is resources makes it work because we are ALL a team! Thank you!

Regarding Continuing Resolution....some of you might have been a bit frustrated at the beginning of this fiscal year because you had limited funds to buy certain things or you had to rely on me to buy certain things for you. Continuing Resolution is virtually an annual event. It occurs after 30Sep until Congress passes and the President signs the Appropriations Bill AND the chain of command (starting at the very top) pushes the money down to NDCGC. There are often "periods" of continuing resolution, for example, at the beginning of fiscal year 2003 the first one was for 7 days, the next for 11 days then 30 days until the President received and signed the bill, then three more weeks until the money was fully pushed down to us. We did not get our full "base" first quarter money until the 10th of December. Furthermore, during the actual continuing resolution (before the President signed the Appropriations Bill) we were allocated money based on what we received at the beginning of the LAST fiscal year. Since at the beginning of the last fiscal year, there was no BUMED allocation for Sealant program and comparatively few dollars allocated by BUMED for Prosthetics Outsourcing we were not able to in turn allocate to you what you fully anticipated for your base OPTAR and other OPTAR line items until 10Dec02. Bottom line review: I was allocated money in little chunks consistent with the length of each resolution period and cumulatively during the entire resolution period, only got what BUMED gave us LAST year. However, you finally got what the command diligently requested in terms of Sealants, Prosthetics and base funding increases....how do you (and I) spell relief: \$\$ (:

Lastly, a little more education then the good news! As stated above, when we get a budget at the beginning of the year from BUMED it is based on what the previous year's base budget was. Before a new fiscal year begins, we ask for additional money to be added to the new fiscal year's budget to pay for programs that higher authority is asking us to implement. Usually BUMED will allocate us this implementation money and an increase to allow for inflation.

Unfortunately, they do not give us all of the implementation money at the beginning of the new fiscal year (ie for Digital Radiography) and BUMED most certainly does not give us money for major facilities improvements and other "local" needs until the fiscal year is well under way. In order to get money for significant equipment or facilities improvement needs, we have to re-justify and re-justify up the chain of command as the new fiscal year ages. If all of my justifying is successful we may see significant additions to the budget from March through September. **Now the good news!** With your input in budget calls, equipment calls and input from our facilities manager, we were able to "win" (justify and receive) over \$800,000 for significant facilities improvements and \$330,000 for equipment in addition to what we spent out of our budget! The lesson for you the customer is: Although we do not have a money tree and everyone cannot have everything they want.... Resources is an advocate for you, if you don't tell us about a need we cannot assist you proactively. Resources will strive to attain continuous quality improvement in its services to you and your input is invaluable!



HEALTH AND FITNESS



Jump Roping is an exciting and effective workout.

Plain and simple, jump roping is "good old fun!" It can be practiced to **any** type of music, and the variety of movements that can be incorporated are virtually limitless, lending itself to genuine creativity. In contrast to aerobics, step aerobics, treadmill, stair climber, and other cardiovascular workouts, all of which can become quite methodical and boring after learning the basics, jump roping offers a workout that allows you to continually improve and set new goals, keeping you highly motivated. Within a short time your skills will advance so that you're not thinking about executing each jump and you'll get into the "zone" or "flow state." Nothing feels quite as powerful as jump roping: you're body is loose and relaxed, the music is pumped up, the rope's beating smoothly and rhythmically, you're cruising from move to move and you're sweating hard.

Jump Roping is a great weight reduction/maintenance tool.

Jump Roping is a fantastic way to burn calories and lose weight. You can jump at your own level of intensity for any length of time. In fact, in only 15-20 minutes you can elevate your heart rate, burn a lot of calories, and get a excellent overall body "pump."

Jump Roping is excellent for the upper body as well as the lower body.

While you probably know how great jump roping is for shaping the calves, glutes and quads, what you may not realize is how the constant turning motion of the rope will also tone the entire upper body - the chest, back, shoulders, forearms, biceps and triceps. If you're trying to develop lean, cut muscles from head to toe, jump roping is just what you're looking for.

Jump Roping is the single most beneficial exercise for improvement of fitness level and athletic ability.

Jump Roping is clearly the best single exercise you can engage in. Professional boxers, some of the most well-conditioned athletes in the world, will readily attest to this fact. In just 15 to 20 minutes, jump roping will give you an unparalleled total body workout. Not only will roping improve your cardiovascular endurance, it will also lead to significant gains in your performance level for virtually **any** sport -- baseball, football, skiing, basketball, tennis, volleyball, racquetball, and more. You will improve your hand/eye/foot coordination; agility and fluidity; lateral movement; explosiveness; hand and foot speed; and timing. The intense weight training necessary for many sports will give you a great body, but larger muscles have a tendency to slow you down. That's why many coaches recommend jump roping as the perfect compliment to weight training. Jump Roping will help you "float like a butterfly and sting like a bee." Minute for minute, you just can't beat jump roping!



Seven Rules

Seven Rules of Motivation



#1 Set a major goal, but follow a path. The path has mini goals that goes in many directions. When you learn to succeed at mini goals, you will be motivated to challenge grand goals.

#2 Finish what you start. A half finish project is of no use to anyone. Quitting is a habit. Develop the habit of finishing self-motivated projects.



#3 Socialize with others of similar interest. Mutual support is motivating. We will develop the attitudes of our five best friends. If they are losers, we will be a loser. If they are winners, we will be a winner. To be a cowboy we must associate with cowboys.

#4 Learn how to learn. Dependency on others for knowledge is a slow, time consuming processes. Man has the ability to learn without instructors. In fact, when we learn the art of self-education we will find, if not create, opportunity to find success beyond our wildest dreams.



#5 Harmonize natural talent with interest that motivates. Natural talent creates motivation, motivation creates persistence and persistence gets the job done.

#6 Increase knowledge of subjects that inspires. The more we know about a subject, the more we want to learn about it. A self-propelled upward spiral develops.



#7 Take risk. Failure and bouncing back are elements of motivation. Failure is a learning tool. No one has ever succeed at anything worthwhile without a string of failures